

The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

Volume 5, No. 11 • November 2015

A Message from

Starr P. Sowers

Administrator, Office on Aging



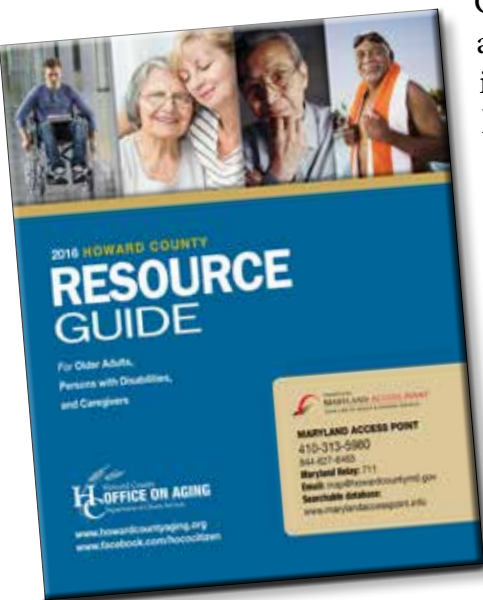
Each November, National Family Caregivers Month focuses much needed attention on the challenges millions of family caregivers face every day. Caregiving can be stressful and demanding; knowing where to find available services and resources can help caregivers provide the best care possible for a loved one. In Howard County, the Office on Aging's Family Caregiver Support Program offers guidance and assistance through referrals, educational opportunities, and individual caregiver support.

All caregivers are encouraged to attend our 4th annual caregivers' conference, "The Caregiver Journey: Strategies, Support, Success" on Saturday, November 14 from 8 a.m. to 3 p.m. at the North Laurel Community Center. This year's conference will include a variety of educational sessions and stress-reducing activities, plus the opportunity for you to meet and talk with others facing many of the same challenges. See the article in this issue for more information, or call 410-313-5980 (voice/relay) to register.

Don't forget that our annual Thanksgiving Celebration will be held on Wednesday, November 18 at Ten Oaks Ballroom in Clarksville. Enjoy a festive meal plus music by the Retro Rockets and Love Story Duo. Tickets (\$13) are on sale now at all Howard County 50+ Centers. I hope you will join us! Happy Thanksgiving!

By the way, did you pick up a copy of the 2016 Howard County Resource Guide at the 50+EXPO? The Resource

Guide includes local, state and national resource information, as well as listings for programs, businesses, and nonprofit organizations serving older adults, caregivers and their families in Howard County. Copies are available at your local 50+ center or library branch; call Maryland Access Point at 410-313-5980 to have one mailed to you.



Creating An Age-Friendly Community Report Recently Released

Howard County Executive Allan H. Kittleman has announced new initiatives to support the future growth of Howard County's older adult population, including the release of "Creating An Age-Friendly Community," a 20-year plan to accommodate the projected 183 percent increase in the number of adults age 65 or older living in the County by 2040.

The report is the culmination of a year-long effort that engaged more than 1,600 community members from the public, private and non-profit sectors, as well as the faith community. It identifies programs, facilities and services that will be needed for the county's older adult population over the next two decades.

"We have to be ready and plan for the future," said Kittleman, who made the announcement during ceremonies to unveil the new Ellicott City 50+ Fitness Center and the newly renovated Ellicott City 50+ Center. The County Executive plans to convene an Age-Friendly Leadership Council, staffed by the Department of Citizen Services and the Office on Aging, to oversee the implementation of the plan's recommendations.

"I also am directing the Department of Citizen Services, Office on Aging and the Commission on Aging to engage people across the county in discussions about the report – specifically how they can be part of creating an age-friendly community," Kittleman said. Speakers will be available to address community groups, large and small, about the report's recommendations and the role they can play in supporting residents of all ages.

"The Office on Aging is committed to meeting the needs of older adults of Howard County, both now and in the future," said Starr Sowers, administrator of the Howard County Office on Aging, "We look forward to working with our public and private partners, as well as interested residents, to make the vision described in this report a reality." To review the "Creating an Age-Friendly Community" report, visit www.howardcountymd.gov/agingmasterplan.

Kittleman has also announced plans to expand the county's "Loan Closet," a collaborative effort of the Office on Aging, Rotary Club of Columbia, and Way Station, which currently loans durable medical equipment such as wheelchairs, walkers and shower benches to 800 individuals each year. By expanding the capacity and operating hours of the program in this fiscal year, the Loan Closet will be able to serve up to 2,500 residents and can accept donations of larger items, such as scooters and stair glides. Visit www.loancloset.org for more information.

Helping to Care for the Caregiver

Mary, a 58 year-old Howard County resident, is married, works 20 hours per week, has a 27 year-old daughter at home with physical and behavioral health disabilities and cares for her 86 year-old mother who has Alzheimer's and also lives with her. November is National Family Caregivers Month, a time to recognize the contributions of those who, like Mary, are unpaid family caregivers.

Did you know that nearly 44 million adults in the US provide personal assistance for family members with disabilities or other care needs? That's more than one out of every six adults. More than 34 million care for frail elders and nearly 4 million help children with disabilities. (AARP Policy Institute and National Alliance for Caregiving 2015 Report "Caregiving in the U.S.," June 2015).



REGISTER NOW!

Howard County 4th Annual Caregiver Conference

Saturday, November 14, 2015

8:00 AM - 3:00 PM

North Laurel Community Center
9411 Whiskey Bottom Road, Laurel, MD 20723

\$10/person • Partial Scholarships May Be Available
Continental Breakfast and Lunch Provided

FREE On-Site Respite Provided

Register in one of three convenient ways:

- **ONLINE AT**
https://apm.activecommunities.com/howardcounty/Activity_Search/49989
- **At your local HOWARD COUNTY 50+ CENTER**
- **Contact MARYLAND ACCESS POINT 410-313-5980 (VOICE/RELAY)**
or map@howardcountymd.gov

**Registration deadline for conference
and respite is Friday, November 6**

If you need accommodations to attend this event, contact Maryland Access Point (MAP) at 410-313-5980 or map@howardcountymd.gov



Here are some other highlights of the report's findings about caregivers:

- 82% care for one person who either lives with the caregiver or lives within 20 minutes of them.
- 60% of caregivers are female. The "typical" caregiver is a 49-year-old female caring for a 69-year-old female relative, most likely her mother.
- 34% of caregivers have a full-time job; 25% work part-time.
- Caregivers have been caring for 4 years on average, spending 24.4 hours per week helping with activities like bathing, dressing, housework, and managing finances.
- 32% provide at least 21 hours of care a week, on average providing 62.2 hours of care weekly.
- 38% of caregivers report high emotional stress from the demands of caregiving.

There are approximately 550,000 caregivers in Maryland; in 2013, it was estimated that nearly 1 in 5 Howard County residents provided at least part-time care for a relative or non-relative (National Family Alliance). The Howard County Office on Aging receives calls every day from caregivers seeking assistance. Many of these caregivers receive support from the federally funded Caregiver Support Program which offers information and referral services, support groups, small grant funding and education.

The Caregiver Support Program will hold its fourth annual conference, "**The Caregiving Journey: Strategies, Support, and Success**" on Saturday, November 14, 8 a.m. to 3 p.m. at the North Laurel Community Center. The day is planned to provide education, nourishment and relaxation time for caregivers to recharge. Knowing that caregivers range in experience from the "newbie" to the advanced, education sessions will include a broad range of topics, from "Caregiving Basics" and "Legal 101" to "Palliative Care" and "Coping with Grief and Loss."

The \$10 conference fee includes all materials, continental breakfast and lunch. Pre-registration is required. FREE, ONSITE RESPITE CARE IS AVAILABLE. Register by phone at 410-313-5980 (voice/relay) or online at www.howardcountyaging.org/caregiver.

To request accommodations to attend the conference, or to learn more about the Caregiver Support Program, call Maryland Access Point (MAP) at 410-313-5980 or email map@howardcountymd.gov.



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This publication is available in alternate formats upon request.

To join our subscriber list, email seniorconnection@howardcountymd.gov

Howard County Office on Aging, 6751 Columbia Gateway Dr., Columbia, MD 21046

410-313-6410 (VOICE/RELAY) • www.howardcountyaging.org

Find us on  www.facebook.com/HoCoCitizen

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The Howard County
Office on Aging
invites you to

THANKSGIVING

THE *Giving Thanks*

LUNCHEON & DANCE

Performances by the Retro Rockets and Love Story Duo!

Wednesday, November 18, 2015

Ten Oaks Ballroom

5000 Signal Bell Lane, Clarksville 21029

DOORS OPEN 10:30 A.M. LUNCH 12:00 NOON

Tickets on Sale at all Howard County 50+ Centers \$13/person

**PLEASE BRING NON-PERISHABLE FOOD ITEMS
FOR THE HOWARD COUNTY FOOD BANK**

FOR MORE INFORMATION CALL

410-313-5440 (VOICE/RELAY)

If you need need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-5980 (voice/relay) or map@howardcountymd.gov.



Howard County
OFFICE ON AGING
Department of Citizen Services

www.howardcountyaging.org



Seniors Together

CONNECT • LEARN • GROW

Caregiver Support Group

THIRD MONDAY OF EVERY MONTH

Find support. Share the caregiver experience.

This facilitated group is FREE and focuses on 4 key caregiver concerns:

- Practical Resources
- Emotional Support
- Social Networking
- Leisure Time

Oct. 19 • Nov. 16 • Dec. 21
7:00 - 8:30 p.m.

East Columbia 50+ Center

6600 Cradlerock Way, Columbia, MD 21045

TO REGISTER OR FOR MORE INFORMATION

Karen Hull PHONE 410-313-7466 (VOICE/RELAY)
EMAIL khull@howardcountymd.gov

MEDICARE Open Enrollment Events

October 15 through December 7, 2015

By Appointment Only. Call 410-313-7392.

Bain 50+ Center

Saturday, November 7 • 9:00 a.m. – 1:00 p.m.

Thursday, November 12 • 5:00 – 8:00 p.m.

East Columbia 50+ Center

Monday, November 30 • 9:00 a.m. – 12:00 noon

Elkridge 50+ Center

Tuesday, November 17 • 1:00 – 4:00 p.m.

Ellicott City 50+ Center

Friday, November 6 • 9:00 a.m. – 3:00 p.m.

Friday, November 20 • 9:00 a.m. – 3:00 p.m.

Glenwood 50+ Center

Tuesday, November 10 • 9:00 a.m. – 12:00 noon

North Laurel 50+ Center

Tuesday, November 10 • 1:00 – 4:00 p.m.

Tuesday, November 24 • 1:00 – 4:00 p.m.



KNOW YOUR OPTIONS.
Contact us for help.

410-313-7392 (VOICE/RELAY) • www.howardcountyaging.org/SHIP

PROJECT 2015 Holiday

HOWARD COUNTY OFFICE ON AGING is collecting donated items for low-income seniors who reside in nursing homes, assisted living facilities, and in the community.

The **WISH LIST** includes items for both adult men and women, such as blankets/throws, stamps/stationery, puzzle books, scarves, pajamas, toiletries, etc. Monetary donations are also accepted.

Drop off your donations by December 4 at any **Howard County 50+ Center** or the

Howard County Office on Aging

6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046

FOR MORE INFORMATION:

Nicole Baptiste-Patterson 410-313-6423 (VOICE/RELAY)
or via email to npatterson@howardcountymd.gov

If you need this information in an alternate format, contact Maryland Access Point at 410-313-5980 or map@howardcountymd.gov



Howard County
OFFICE ON AGING
Department of Citizen Services



November 2015 Calendar of Events

Don't miss the exciting programs and services at one of the dynamic Howard County Office on Aging 50+ Centers near you!

Bain 50+ Center

Friday, Nov. 6 • 10:30 to 11:30 a.m. — CHARM CITY CELEBRATION

Bykota on Stage presents a tribute to Baltimore and the Chesapeake Bay, with music about Baltimore. Luncheon to follow; sign-up in the lunch room by Oct. 30. Info: 410-313-7213.

Monday, Nov. 9 • 10 a.m. to noon — SHINGLES PRESENTATION

Thursday, Nov. 12 • 10 a.m. to noon — VACCINATION CLINIC

You must attend the shingles presentation to attend the clinic. FREE. Refreshments and door prizes will be available. Register: 410-313-7213.

Thursday, Nov. 19 • 12:30 p.m. — THANKSGIVING CONCERT & DESSERT

All are invited for an afternoon of "Giving Thanks" with our gospel choir. Join us for music, singing and dessert. FREE. Register by Nov. 12: 410-313-7213.

East Columbia 50+ Center

Tuesday, Nov. 3 • 1 p.m. — WEIGHT GETTING YOU DOWN?

Join us, as we brainstorm challenges, share successes, and try new approaches. Free; no refreshments served! Info: 410-313-7680.

Wednesday, Nov. 4 • 11 a.m. — PARTY PLANNING 101

Let's start with Phyllo! Learn how to make amazing hors d'oeuvres that are sure to impress. \$3 material fee. Register: 410-313-7680.

Tuesday, November 17 • 7 p.m. — CLIMATE CHANGE PANEL DISCUSSION

Join the League of Women Voters for an informative discussion about climate change. Free. Register: 410-313-7680.

Elkridge 50+ Center

Wednesday, Nov. 5 • 10 a.m. to 12:30 p.m. — LIVING HEALTHY WITH HIGH BLOOD PRESSURE

This workshop will help those diagnosed with hypertension or high blood pressure learn how to better manage their conditions. \$5. Register: 410-313-4930.

Thursday, Nov. 12 • 10:30 a.m. to noon — AROMATHERAPY AND EMOTIONS

Join Andrienne Hausman to discover the uses and benefits of aromatherapy and essential oils, and how they can help with emotions. FREE. Register: 410-313-4930.

Monday, Nov. 16 • 10:30 to 11:30 a.m. — ENERGY CONSERVATION/HOW TO READ BGE BILLS

Learn ways to save money, and how to read the line items on your BGE bill. Free information packets and giveaways! Register: 410-313-4930.

Ellicott City 50+ Center

Tuesday, Nov. 10 • 9 a.m. to noon — FREE HEARING SCREENINGS

Dr. Mary Carson, clinical audiologist, Clarity Audiology & Hearing Solutions, will perform free hearing screenings. Call for appointments: 410-313-1400.

Tuesday, Nov. 17 • 12:30 p.m. — ANYTHING GOES, THE MUSIC OF COLE PORTER

This Lyric Opera House program will highlight the music and lyrics of Cole Porter, one of America's best loved composers. FREE; register at 410-313-1400.

Thursday, Nov. 19 • 12:30 p.m. — OWL OUTREACH WITH "RANGER" THE OWL, LIVE!

Learn about the unique features and adaptations of owls, their habitats, and hunting techniques from the Howard County Conservancy. Bring your grandchildren to connect with nature! FREE. Register: 410-313-1400.

Glenwood 50+ Center

Friday, Oct. 30 • 12:00 noon — FISH FRYGHT

Wear your best costume and enjoy fried fish and chicken at this eerie event. Cost: lunch donation. Pre-register: 410-313-5440.

Wednesday, Nov. 4 • 1:30 p.m. — FUSED GLASS ORNAMENTS

Learn how to make fused glass ornaments for the holidays. \$35. Register: 410-313-5440.

Friday, Nov. 13 • 11:30 a.m. — VETERANS DAY SPAGHETTI LUNCHEON

Enjoy a homemade meal while we honor those who served. \$6; FREE FOR VETERANS (share your stories, memorabilia, and photographs). Register: 410-313-5440.

North Laurel 50+ Center

Wednesday, November 4 • 9:30 to 11:30 a.m. — MEMORY SCREENINGS WITH DR. JEN

Dr. Jennifer Schwartz-Mitchell, Humanim Cognitive Assessment & Solutions Center, will offer memory function screenings. FREE. Appointments, call: 410-313-0380. Walk-ins welcome; wait times vary.

Friday, Nov. 13 • 10:30 to 11:30 a.m. — AIR WARFARE DURING WORLD WAR II

Ellis Woodward recounts stories and adventures of his father's career as a B-17 pilot during World War II from the memoir "Flying School: Combat Hell." FREE. Register: 410-313-0380.

Tuesday, Nov. 24 • 10:30 a.m. to noon — TRAVEL TALK: THE NORWEGIAN COASTAL VOYAGE

Explore the wild and untamed Norwegian scenery and learn how to plan your next adventure with travel enthusiast, Rick. FREE. Register: 410-313-0380.



FOR A FULL LISTING OF EVENTS at our 50+ Centers this month, visit: www.howardcountyyaging.org/50pluscenters

To request accommodations to participate, call Maryland Access Point (MAP) at 410-313-5980 (voice/relay) one week in advance.